To find out more:

Check to see if there is a **Fish Advisory** in the area where you plan to go fishing.

If you have questions about fish not listed in this brochure or would like more information about mercury or fish advisories in your area:

- Call the Washington State
 Department of Health,
 Office of Environmental Health
 Assessment at 1-877-485-7316,
 toll free.
- Call your Local Health
 Department, Environmental

 Health Division
- Visit our website: www.doh.wa.gov/fish



For persons with disabilites, this document is available on request in other formats. To submit a request, call 1-877-485-7316. TTY/TDD: 1-800-833-6388

The Washington State WIC Program is an equal opportunity provider and employer.



Fish Facts for Good Health



Fish is a healthy food

Fish is low in fat and is a good source of protein and other nutrients. Eating fish is an important part of a healthy and balanced diet.

But some kinds of fish have too much mercury in them. Be careful to choose the right kinds of fish if you:

- are pregnant or nursing
- have young children
- are thinking about getting pregnant

What is the right kind of fish?

Choose fish that is low in mercury. Any of these fish—fresh, frozen or canned—are good choices to include in your diet:

- Salmon
- Flounder
- Cod
- Catfish
- Trout
- Pollock (the fish used for imitation crab)
- Canned light tuna

Other kinds of seafood that are low in mercury include:

- Clams
- Shrimp
- Scallops
- Lobster







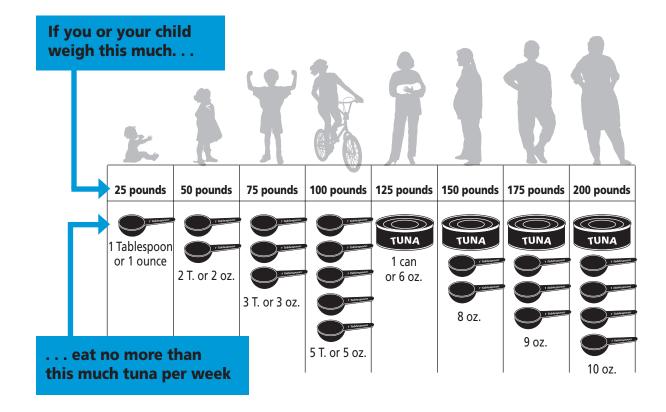




What about canned tuna?

It is fine to eat canned tuna, but don't eat too much. Canned tuna has some mercury in it. The amount you can safely eat depends on how much you weigh.

This table tells you the amount of canned tuna that is safe to eat each week based on how much you or your child weigh:



Choose Light, Not White

Canned light tuna has three times less mercury than canned albacore (white) tuna. The Department of Health recommends:

- Choose canned light tuna, instead of albacore (white) tuna.
- If you eat canned albacore, don't have any other meals with fish that week.

What kinds of fish have too much mercury?

Do not eat these fish that are often high in mercury:

- Swordfish
- Shark
- Tilefish
- King mackerel
- Tuna steak



Is mercury something to worry about?

Too much mercury in the diet can hurt a child's ability to learn. In adults, mercury can lead to nerve problems, harm the heart and raise blood pressure.

Older fish and large fish that eat other fish tend to have the most mercury. If you catch fish, check to see if there is a **Fish Advisory** in your area. A **Fish Advisory** is a special warning. It is given if there is concern about the safety of eating fish from certain lakes or rivers because of mercury and other contaminants.

Does cooking change the amount of mercury in the fish?

No. There is no special way to cook fish to remove mercury. That is why it is important to eat fish low in mercury.

What about sport fish?

Smallmouth bass, largemouth bass and walleye have some mercury in them, too. Like with tuna, you should limit the amount you eat.

Check to see if there is a **Fish Advisory** in your area.





Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide cameraready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- Use the latest version. DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter**. We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- For quality reproduction: Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely, Health Education Resource Exchange Web Team

PRINTING SPECIFICATIONS

Title: Fish Facts for Good Health

Size: 14 x 8.5

Paper stock: 70# text natural

Ink color: Pantone Process Blue and Black

Special instructions: 2-sided printing. Finished job folds to 3.5 x 8.5

DOH Pub #: 961-202